

## Bariatric Multivitamin Soft Chew Comparison

	ASMBS Guidelines	Celebrate Multi Soft Chews	Bariatric Advantage Chewy Bites	Bariatric Fusion Multivitamin Soft Chew	ProCare Bariatric Multivitamin Soft Chew
Price		\$32.95	\$34.75	\$32.99	\$30.95
Amount		60	60	60	60
Daily Serving		2	2	2	2
Flavors		Razzleberry, Strawberry, Tropical Orange & Very Cherry	Tropical Orange, Dark Cherry, Black Grape & Strawberry Watermelon	Mixed Berry, Tropical Fruit, Cherry Pineapple & Watermelon	Cran-Grape, Mango-Orange & Cherry-Lime
Vitamin A (mcg)	1,500-3,000	3,000	1,500	2,250	1,500
Vitamin C (mg)		180	120	180	65
Vitamin D (mcg)	75	75	75	75	37.5
Vitamin E (mg)	15	40.2	27*	27*	13.5*
Vitamin K (mcg)	90-120	120	160	0	60
Thiamin (mg)	12	12	3	12	10
Riboflavin (mg)		3.4	3.4	1.7	6
Niacin (mg)		40	40	20	20
Vitamin B6 (mg)		4	4	2	6
Folate (mcg)	400-800 800-1,000	1,333 mcg DFE	1,360 mcg DFE	1,333 mcg DFE	680 mcg DFE
Vitamin B12 (mcg)	350-1,000	500†	1,000‡	560‡	500‡
Biotin (mcg)		600	600	600	300
Pantothenic Acid (mg)		20	20	10	10
Calcium (mg)			30	100	
Iron (mg)					22.5
Iodine (mcg)		150	300	150	0
Magnesium (mg)		50	0	50	50
Zinc (mg)	8-22	16	15	15	7.5
Selenium (mcg)		140	140	70	50
Copper (mg)	1-2	2	0	0	0
Chromium (mcg)		200	240	120	50
Molybdenum (mcg)		75	150	75	37.5

\* dl-alpha-tocopherol – synthetic form of vitamin

† 50/50 blend of methyl- and cyanocobalamin

‡ Cyanocobalamin only

Updated 11.23

